**Diabetes**

**Engage your health team!**

**FACT:** Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the sixth leading cause of death in the United States.

<table>
<thead>
<tr>
<th>If you think you might have diabetes, visit a physician for a diagnosis. You might have SOME or NONE of the following symptoms:</th>
<th>You can help prevent or postpone type 2 diabetes by taking a central role in your own self care:</th>
</tr>
</thead>
</table>
| - Frequent urination  
- Excessive thirst  
- Unexplained weight loss  
- Extreme hunger  
- Sudden vision changes  
- Tingling or numbness in hands or feet  
- Feeling very tired much of the time  
- Very dry skin  
- Sores that are slow to heal  
- More infections than usual. | - Don't smoke.  
- Achieve a healthy weight and maintain it.  
- Be physically active.  
- Limit your intake of fat and sugar.  
- Eat regular, balanced meals that include the four food groups.  
- Keep your cholesterol and other blood fats within the target level.  
- Maintain a normal blood pressure. |

**Engage your health team!**

- Monitor your blood glucose regularly, as recommended by your **doctor**.
- Take your medication as prescribed. Ask your **pharmacist** about questions you may have on the use of your medicines, their safety or possible drug interactions.
- Take care of your feet by examining the skin for redness and sores. Ask your **pharmacist** for suggestions on products that can help improve your foot care.
- Make a date to visit your **doctor**, **dentist**, and **eye specialist** for regular checkups. Your role in making these visits is key to preventing problems.
- Consult a **dietitian** about creating balanced meals.
- If you drink alcohol, be moderate in how much you drink. Avoid drinking on an empty stomach as this can cause hypoglycemia (low blood glucose).
- If you are pregnant, ask your **doctor** about using artificial sweeteners.